

I want to pass down
my recipes.
Not my diabetes.



Live Well
MESSAGE ALLIANCE

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diabetes tips



Nearly 400,000 adults in Missouri have been diagnosed with diabetes. Based on national estimates, another 97,000 may not know they have diabetes. Some people with diabetes will not experience any symptoms while others will have one or more of the following:

- excessive thirst
- frequent urination
- extreme hunger
- feeling very tired much of the time
- sores that do not heal
- unexplained weight loss

If you have these symptoms, then see your health care provider.

Healthy choices can help you live with the disease and avoid or delay many of its complications such as heart attack, stroke, amputation and kidney disease. Control your diabetes by:

- taking medications and insulin according to your health care provider's instructions
- maintaining a healthy weight
- being active at least 30 minutes a day
- checking your own blood sugar
- getting a blood sugar test called an A1C test, two to four times a year
- practicing preventive care such as foot exams, dental exams and flu and pneumonia shots